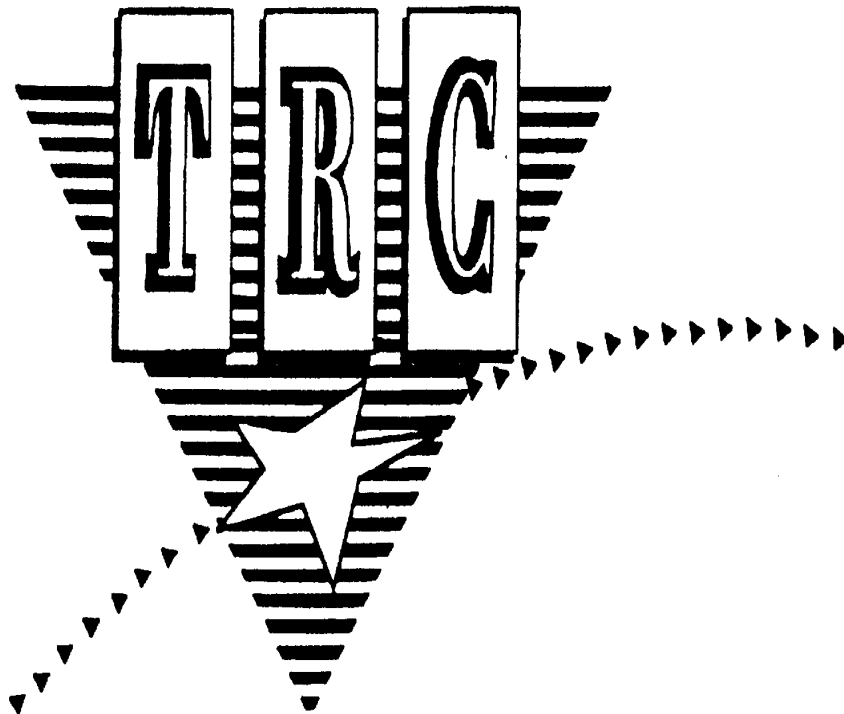


**MONTGOMERY THERAPEUTIC
RECREATION CENTER
FALL WELLNESS BROCHURE
AUGUST 17, 2015 - DECEMBER 31, 2015**

TURNING DISABILITIES INTO WINDOWS OF OPPORTUNITIES!



“THE BENEFITS ARE ENDLESS”

GENERAL INFORMATION

Hours of Operation: The TRC is open the following times:

Monday, Tuesday, Thursday	8:00am to 7:00pm
Wednesday, Friday	8:00am to 5:00pm
Saturday	9:00am to 12:00pm

City Holidays: The TRC will be closed the following holidays:

September 7, 2015 Labor Day	October 12, 2015 Columbus Day
November 11, 2015 Veterans Day	November 26, 2015 Thanksgiving Day

REGISTRATION NOTES

1. Fall registration is Saturday, July 25, 2015 from 9:00am - 12:00pm and Monday, July 27, 2015 through Friday, July 31, 2015 from 8:15am until 5:00pm.
2. Be sure to note the days that each program will not meet during the semester.
3. All participants must register and pay programs fees (when applicable) each semester prior to participation. **Fees are nonrefundable!**
4. Some programs are limited in size and are filled on a first come, first serve basis.
5. Orientation for all Wellness members and assessments for after-school participants are required. Please call for an appointment.
6. Participants should bring more than one check to register to be receipted in different accounts for some programs. All checks should be payable to

The “Montgomery Therapeutic Recreation Center Wellness Program” is a program developed to promote fitness for persons with disabilities. All persons must have a disability and have completed a physician’s medical form to participate. A membership fee of \$25.00 per semester enables all members participation in therapeutic aquatics, weightlifting, and exercise groups.

RESOURCE LAB

Hours of Operation: TRC wants participants to use the Resource Lab to enhance their lifestyles. The lab is open and free to individuals who would like to research information, to get information on adaptive equipment, specific disabilities, services needed or anything needed at home, work or leisure time.

Resources: A lab technician is available during the allotted times for open lab to assist members as needed. The lab is open daily from 8:00am - 12:00pm. Members can contact the lab technician for any questions or requests.

Open Lab This time is set aside to meet the needs of individuals with knowledge of computers. We encourage all wellness members to use this time to gain valuable skills with computers. TRC offers an on site lab technician for any questions or any assistance needed.

Day:.....Mon., Wed. & Fri.

Time:.....10:00am - 12:00pm

Contact:.....Joye Bigelow

One-on-One Computer Instruction TRC wants to meet the needs of individuals interested in learning more about computers. Sessions are 45 minutes long. Participants can choose one session or several based on individual needs. Scheduling will be done with the lab coordinator.. [See lab Technician for schedule.](#)

Cost:.....\$10.00 per session

.....2 sessions \$15.00

.....3 sessions \$20.00

Contact:.....Joye Bigelow

Ask MTRC This program is designed to give our wellness members a chance to request information on a specific subject. You can fill out a request form located in the Resource Lab or contact the lab technician.

**Check out our Aquatic
classes here at MTRC, and
be sure to tell a friend
about one or all of
our classes.**

**It is important that registration forms
are filled out completely and
updated each semester.**

The Resource Lab has information available on a variety of topics. Please stop in the lab and see if we have the information you are looking for. If not, please contact the lab technician about your specific subject or inquire about our Ask MTRC program. This may be the program to get the just the information your looking for.

Registration begins Sat., July 25, 2015 and ends Fri., July 31. 2015

WELLNESS

Energize Me This is the same class just more fun and energetic (water exercise class) that will have you pumped up in no time. We are introducing new equipment such as the band and the Wave Webbs. This class increases the cardiovascular, tones muscles and helps promotes better flexibility. The Band is the perfect exercise tool to tone, condition the legs, lower body and core, while maintaining good posture, a neutral spine and abdominals. Wave Webbs enhance the natural resistance of water for safe and effective upper body conditioning and increase range of motion and more dynamic moves. This class is just what you need to get moving.

Program will not meet Sept. 7, Oct. 12, Nov. 11 & 26.

.....Day/Time:.....

Mon.....8:15 - 9:00am

.....9:15 - 10:00am

.....6:00 - 6:45pm

Tues.....10:15 - 11:00am

.....1:00 - 1:45pm

.....6:00 - 6:45pm

Wed.....8:15 - 9:00am

.....9:15 - 10:00am

Thurs.....10:15 - 11:00am

.....1:00 - 1:45pm

Fri.....8:15 - 9:00am

.....9:15 - 10:00am

Sat.....9:15 - 10:00am

Contact:Jeffery Barlow

On the Move (Lap Swim)

Add a little splash to your day or evening in a comfortable and relaxed atmosphere. Our heated pool is open to participants wishing to swim for better conditioning and endurance. You must be able to swim a complete lap with a basic stroke. During this time, ONLY LAP SWIMMING IS ALLOWED. A certified lifeguard is on duty. *Program will not meet Sept. 7, Oct. 12, Nov. 11 & 26.*

.....Day/Time:.....

Mon. & Fri.....1:00 - 1:45pm

Tues., Thurs.....7:15 - 7:45am

Tues, Wed., & Thurs.....12:00 - 12:45pm

Contact:.....Jeffery Barlow

Early Bird Series

This program is structured for you to get an early start to your day feeling great. The series will include an exercise class and an unstructured program to let participants walk and develop exercises created by each individual and doing it at their own pace. Lifeguard on duty! *Program will not meet Sept. 7, Oct. 12, Nov. 11 & 26.*

.....Day/Time:.....

Mon/Wed.....Exercise Class

Time:.....6:00 - 6:45am

Tues/Thurs.....Create your own

Time:.....6:00 - 6:45am

Contact:.....Jeffery Barlow

AEP (Exercise Program)

This program is geared for participants with Arthritis only. The exercises will increase range of motion, flexibility, muscle endurance, and help relieve joint pain caused by arthritis. No aquatic weights will be used. Cardiovascular exercises are included, but not emphasized. *Program will not meet Sept. 7, Oct. 12, Nov. 11 & 26.*

.....Day/Time:.....

Mon. & Fri.....12:00 - 12:45pm

Tues. & Thurs.....8:15 - 9:00am

Wed.....1:00 - 1:45pm

Limit:.....30

Contact:.....Jeffery Barlow

Have it Your Way (open

pool) This is an unstructured program designed to allow participants to engage in an individualized exercise program in our heated pool. Participants can design their own exercise program, follow exercise routines developed by a therapist or bring their own therapist/ exercise instructor. *Program will not meet Sept 7, & Oct. 12.*

Day:.....Mon. & Tues.

Time:.....5:00 - 6:00pm

Contact:.....Jeffery Barlow

TRC Spec's This aquatic exercise class is designed to meet the needs of individuals with Parkinson's/disease or impairments from Stroke (CVA). These pool exercises help promote mobility, endurance, and flexibility. In addition, this program offers a supportive group environment while you have fun exercising.

Day:.....Tues. & Thurs.

Time:.....9:15 - 10:00am

Contact:.....Jeffery Barlow

Family Splash

Add a little splash to your family's lifestyle by bringing them to TRC to enjoy our heated pool. This is sure to be a treat for the entire family. We ask that you limit this time of relaxation and enjoyment to three family members only.

.....Day/Time:.....

Thurs.....5:00 - 6:45pm

Sat.....10:15 - 11:45am

Contact:.....Jeffery Barlow

Aqua Zumba Bring the party to the pool!!! The Aqua Zumba program gives new meaning to the ideal of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooping and hollering. Heat up the pool party, integrating the Zumba formula and philosophy with the traditional aqua fitness disciplines. The Aqua Zumba Class blends it all together into a safe, challenging, water based workout that is cardio-conditioning, body toning and most of all exhilarating beyond belief. **LET'S MAKE A SPLASH!!!**

Aqua shoes required. *Program will not meet Sept 7, & Oct. 12.*

Day:.....Mon. & Wed.

Time:.....10:15 - 11:00am

Contact:.....Ralph Evans

There will be a \$5.00 late fee for any member registering after Fri., July 31, 2015.

WELLNESS

Stretch - Tone This class is designed to help our wellness members improve flexibility as well as toning areas of the body that does not receive enough emphasis during other exercise programs at TRC. Program will include stretching major muscle groups, abdominal exercises, modified push ups, thigh and hip exercises, and much more. Exercises will be done on mats. *Program will not meet Sept. 7, Oct. 12 & Nov. 11.*

Day:.....Mon. & Wed.

Time:.....10:15 - 11:00am

Contact:.....Christopher McNeil

Land Exercise (Arthritis and other disability groupings) This land aerobics class is designed to increase strength, mobility, flexibility, endurance and overall physical well-being. Classes are being taught by a certified instructor that leads sitting exercises using a chair as support. This class is designed by the Arthritis Foundation's Exercise Program. *Program will not meet Nov. 26.*

Day:.....Tue & Thurs.

Time:.....10:15 - 11:00am

Contact:.....Christopher McNeil

Individual Fitness Room

TRC has now increased hours with supervised and unsupervised time. During supervised time, participants are able to work out independently on an individual basis with a staff member available to monitor and assist if needed. During unsupervised time, a staff will **NOT** be in the room to oversee participants workout. Come take advantage of this fitness room with all the equipment that it has to offer. *Program will not meet Sept. 7, Oct. 12, Nov. 11, 26 & Dec. 25.***Supervised**.....

Mon. - Fri.....8:15 - 11:00am

Tues. & Thurs.....5:00 - 6:00pm

.....**Unsupervised**.....

Mon. - Fri.....6:00 - 8:00am

.....11:00am - 3:00pm

Sat.....9:00 - 11:00am

Age:.....18 years and older

Contact:.....Christopher McNeil

Wellness Assessment

This program in General Recreation is for those who want to track their progress and to assess what they are doing to meet their wellness goals. If you are interested in this program, schedule a time with Chris.

Day:.....Tues., Wed. & Thurs.

Contact:.....Chris McNeil

AQUATIC CLASSES-

The rear pool
door open
5 min before
each class begins.

Please be mindful that
appropriate swimwear is
mandatory for all MTRC
aquatic programs.

WELLNESS SOCIAL CLUBS

Potluck Brunch Come eat and fellowship!! Do you enjoy socializing with others and enjoy eating a good meal? Then feel free to bring your covered dish and take part in this awesome fellowship. Hosted by TRC's Art's and Craft Department.

Day:.....First Thursday of the month.

Time:.....10:00 - 11:15am

Contact:.....Michelle Glass

The Wise Club

Enjoy the fellowship and games on the 2nd, 3rd & 4th Thursdays of each month. Mexican train dominoes is the favorite game of this club, you don't have to know how to play, we will teach you. Bring your snacks or lunch and come out and ride the Dominoe train with the Wise club!! *Program will not meet Nov. 26.*

Day:....2nd, 3rd, & 4th Thursday of the month

Time:.....10:00 - 11:00am

Contact:.....Michelle Glass

That's What Friends Are

For This is a small arts and crafts class for the physically challenged. You learn how to create all different types of crafts from things you never imagined. Craft projects are worked on during the year and in October are entered in the Alabama National Fair.

Day:.....Tuesday

Time:.....10:00am - 1:00pm

Age:.....(18 and older with physically impaired)

Cost:.....\$10.00

Limit:.....6

Contact:.....Pamla Tilghman

WELLNESS, NEW PROGRAMS & DAY ACTIVITIES

Simple Sewing Class

This is a beginner sewing class. Come learn how to make simple easy pillows, aprons, handkerchief etc. Bring your own material and come and learn. *Program will not meet Sept. 7, Oct 12, Nov. 23.*

Day:.....Mondays
Time:.....10:00 - 11:00am
Limit:.....6
Contact:.....Pamla Tilghman

Senior Ceramics:

All wellness classes are designed for specific disabilities and conditions. Please talk with our Director, Wendy Dobbs to ensure you are entering a class that is appropriate for your disability.

Acrylic Painting

Join the Creative Arts Department in exploring the joy of ceramics painting. We will take trips to Dean's ceramics for participants to purchase their own supplies. We will provide basic acrylic paint. Additional supplies must be purchased by participants. Participants can enjoy basic painting or follow the instructor in more detailed techniques. *Program will not meet Nov. 11.*

Day:.....Wednesdays
Time:.....9:00 - 11:00am
Limit:.....10
Contact:.....Michelle Glass

Fine Arts Painting for

Adults Enjoy looking into the world of fine arts level painting. Participants will be introduced to varying styles of art and explore professional level tools and supplies. We will look at composition and form as we paint in an effort to develop a more professional style of finishes work. Participants will work in the mediums of water colors, mixed media, acrylic, and if time permits oils.

This is an intro level class. If you have ever wanted to learn to paint this is your opportunity.

Day:.....Fridays
Time:.....9:00 - 11:00am
Limit:.....10
Cost:.....\$45.00
Contact:.....Michelle Glass

BE SURE TO CHECK OUT ONE OF OUR MANY SOCIAL CLUBS WE HAVE AT TRC. ONE OF THEM ARE SURE TO INTEREST YOU. IF SO, JUST GIVE US A CALL AND LET THE FUN BEGIN.



2015 HOLIDAY MEET AND GREET



OUR MEET & GREETINGS HAVE BEEN A BIG SUCCESS AND A LOT OF FUN. LET'S MAKE THIS HOLIDAY MEET & GREET OUR BIGGEST AND BEST YET. THERE WILL BE GOOD FRIENDS, GOOD FELLOWSHIP AND LOTS OF FUN! JOIN THE TRC STAFF AS WE INVITE ALL OF THE TRC WELLNESS MEMBERS TO BECOME ACQUAINTED WITH ONE ANOTHER. BRING YOUR FAVORITE COVERED DISH. DON'T MISS OUT ON THIS OPPORTUNITY TO MAKE NEW FRIENDS, AND HAVE FUN WITH OLD ACQUAINTANCES. COME AND ENJOY A GREAT LUNCH PREPARED WITH LOVE. THIS EVENT WILL BE HELD THURSDAY, DECEMBER 10, 2015 AT 11:30AM. IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT JOYE BIGELOW.

ONLINE REGISTRATION

1. Decide on programs: fill out registration form.
2. Enter www.montgomeryal.gov
3. Next, place the cursor on “How Do I” at the top of screen.
4. A drop down menu will appear underneath the heading “register” click on Therapeutic Recreation Center.
5. The link to register will be on Therapeutic Recreation Center’s page.
6. Remember if you access the site before 9:00am you will need to hit the refresh button before continuing to register.

FREQUENTLY ASKED QUESTIONS

Who can register?

Online registration is for Fall semester program and participants wanting to register for the fall semester. These participants should be able to register from any computer with internet access.

How do we know who registered?

The server will have a clock that measures to the second. Therefore, the online registration company will know who finished registering before 9:00am.

Will anyone be able to register before 9:00?

NO! The company will not let you register before 9:00am.

What if I don’t have a computer?

The MTRC will be open Sat., July 25, 2015, so you may use one of the computers at the center. There will be staff available to assist you with your registration. Fees are due upon registration and you must have a registration form filled out properly.

When are fees due?

All fees are due in full by Friday, July 31, 2015, or your registration will be cancelled.

There will be a \$6.00 registration fee for all Fall programs.